What is claimed is:

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- 1. A variable tuning antenna comprising:
- a radiation element; and
- a tuning circuit connected to the radiation element in series, the tuning circuit comprising a first inductance element and a parallel circuit which is connected to the first inductance element in series, the parallel circuit comprising a second inductance element and a variable capacitance element connected to each other in parallel,
- wherein the tuning circuit is set so that a combined reactance of the radiation element and the first inductance element and a combined reactance of the parallel circuit can be canceled by each other, and the parallel circuit does not resonate in a desired receiving frequency band, and

wherein the tuning circuit is formed so as to be tunable in the desired frequency band by varying the capacitance of the variable capacitance element.

- 2. The variable tuning antenna according to claim
 1, wherein the variable capacitance element comprises two
 variable capacitance diodes, the two variable capacitance
 diodes being connected in series in reverse polarity, and
 having a terminal of a control voltage connected to a
 connecting part of the two variable capacitance diodes.
- 25 3. The variable tuning antenna according to claim
 1, wherein the radiation element comprises a first antenna
 element and a second antenna element connected to each

other electrically in series, the first antenna element and the second antenna element being formed in an electric length so as to resonate at a frequency within the desired frequency band by the total length, and so as to resonate at a first frequency band of a wide band in the desired frequency band with the tuning circuit, and so as to resonate at a second frequency band by only the first antenna element.

- 4. The antenna according to claim 3, wherein the 10 first frequency band is a frequency band of a digital TV.
 - 5. A portable wireless device comprising:
 - a transmitting/receiving circuit;

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- a casing surrounding the transmitting/receiving circuit;
- a feeding part located near to the casing and connected to the transmitting/receiving circuit electrically;
 - a variable tuning antenna comprising a tuning circuit and a radiation element which are connected to the feeding part; and
 - a third antenna element connected to the feeding part,

wherein the variable tuning antenna comprises any one of the antenna defined in claims 1 to 4, and the third antenna element comprises an antenna resonating at a third frequency band different from that of the variable tuning antenna, so that two frequency bands of a first frequency

band of a wide band obtained by the variable tuning antenna and the third frequency band can be transmitted and received.

6. The portable wireless device according to claim 5, wherein the radiation element comprises a first antenna element and a second antenna element connected to each other electrically in series, and the second antenna element of the radiation element is formed to be extended out of the casing and retracted to the casing; and

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- out of the casing, the second antenna element is extended to the feeding part through the tuning circuit of the variable tuning antenna to resonate at the first frequency band and when the first antenna element is retracted to the casing, the first antenna element is connected to the feeding part directly.
 - 7. The portable wireless device according to claim 6, wherein the first antenna element and the third antenna element are formed in an electrical length so as to resonate at the same frequency band and the first antenna element and the third antenna element are adjusted so as to strengthen radio waves transmitted and received in phases, each other.